

My Own Professional Development Plan

Taking My Coaching Skills Further

George Leonard identifies five areas that help us progress towards Mastery:

**Instruction**

**Practice**

**Surrender**

**Intentionality**

**Pushing The Edge**

What are your initial thoughts about specific steps you need to take to progress in each of these areas and become a better coach?

\* Take time to write out your first thoughts for each area.

**Instruction** – what further formal learning to I need? Do I need to work with a coaching mentor?

**Practice -** How can I improve my coaching practice? How can I find more clients to practice with? How can I record and listen to more of my coaching practice? Etc.

**Surrender -**  What do I need to let go of? What ideas (mindset) do I have about how to help people and how does that work for or against me being a better coach? What inhibitions are holding me back?

**Intentionality –** How can I develop a conscious plan to improve my development as a coach? What are the specific steps?

**Pushing The Edge –** What are the risks that I need to take to improve my coaching? What new methods or techniques do I need to experiment with?